

Considerations for Starting Your BPD Assessment

Consider how long you've had BPD

Does your current state of mind affect your ability to think clearly and honestly?

Has your current state of mind affected your ability to think clearly and honestly?

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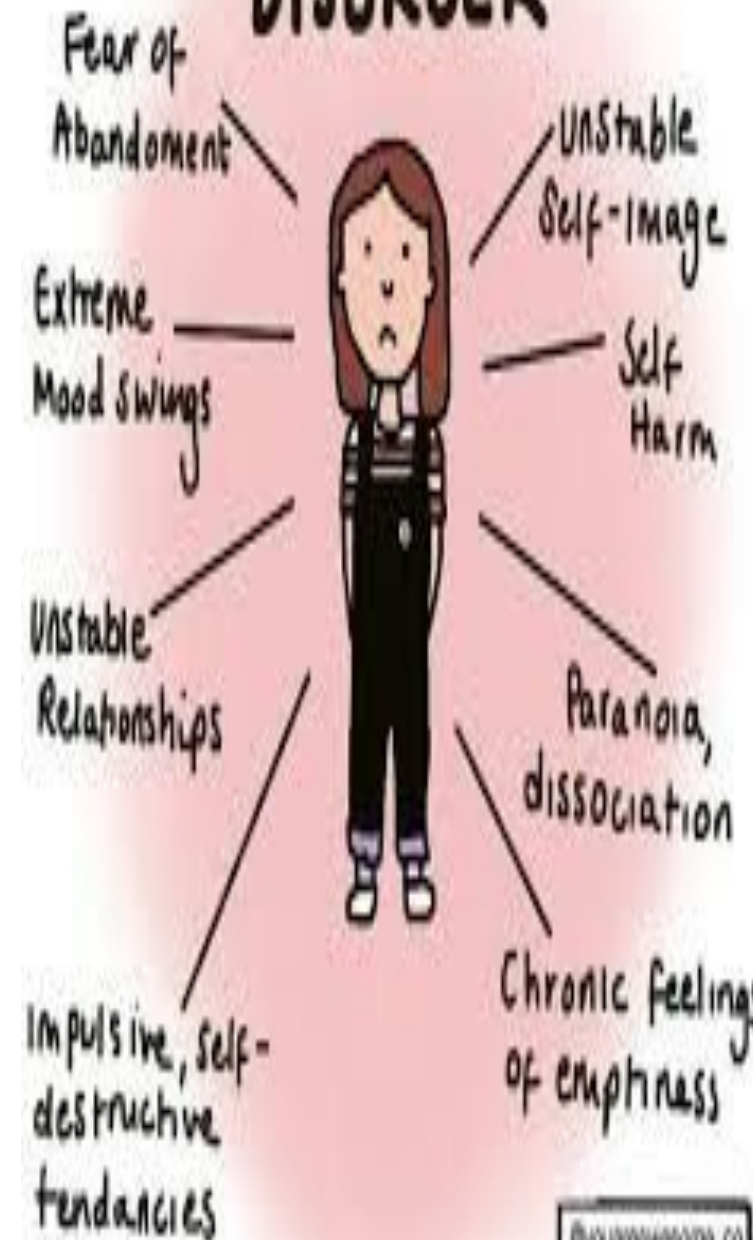
verywell

<https://my.clevelandclinic.org/health/diseases/9762-borderline-personality-disorder-bpd>

[Borderline Personality Disorder - National Institute of Mental Health \(NIMH\)](https://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml)

[https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/diagnosis-treatment/drc-20370242#:~:text=more%20fulfilling%20life.-,Talk%20therapy,Cognitive%20behavioral%20therapy%20\(CBT\).](https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/diagnosis-treatment/drc-20370242#:~:text=more%20fulfilling%20life.-,Talk%20therapy,Cognitive%20behavioral%20therapy%20(CBT).)

BORDERLINE PERSONALITY DISORDER



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Facts

WHAT IS BORDERLINE PERSONALITY DISORDER?

Borderline Personality Disorder (BPD) is an often misunderstood, serious mental illness that creates significant emotional instability.

The Characteristics

- Very intense emotions
- Emotional reactivity and impulsivity
- Intensely distressed self-image
- Self-harm or suicidal thoughts
- Intensely interpersonal relationships

Average Mind

BPD Mind

4.5 million

people in the U.S. experience BPD

about 1.7%

of the U.S. population

Other Symptoms

- Extreme fear of abandonment
- Intense and rapid mood swings
- Impulsive and risky behavior
- Frequent self-harm or suicidal thoughts
- Deep and intense emotional pain
- Severe dissociative symptoms
- The feeling of being empty
- Awareness of destructive behavior but feeling unable to control it

7 out of 10 people with BPD attempt suicide

1 out of 10 people with BPD complete suicide

50-80% drug abuse + Self-mutilation

take part in risky behavior such as:

What Causes BPD?

- Family history of mental illness
- Childhood trauma (abuse or neglect)
- Neglect or abusive environment
- Brain chemistry
- Genetic predisposition

How is it Treated?

- Medication (like mood stabilizers and antidepressants) can help manage BPD
- Psychotherapy is the only proven method to treating the disorder
- Long-term, intensive therapy is needed to achieve substantial recovery

So What Can We Do?

The stigma that surrounds BPD can be more debilitating than BPD itself. With more awareness of the disorder, we can learn to understand this misunderstood illness, and prevent the dangers and deaths it causes. If you suspect that you or someone you know has BPD, immediately seek help. Visit www.nimh.nih.gov to learn more on BPD.

WHAT IS BPD?



Symptoms of Borderline personality disorder (BPD)

Courses and Triggers

Unclear or shifting self image	Unstable interpersonal relationships	Mood swings
Impulsive and self-destructive behavior	Fear of rejection or abandonment	Self-harm and suicidal tendencies
Explosive rage	Feelings of emptiness	Loss of touch with reality